

Covid 19 Policy V3

Throughout the Coronavirus pandemic our priority has remained your health and wellbeing and that of your family and our team.

Due to the changes in NHS and Government advice we at PWYA have adapted our advice and PPE requirements. This document outlines the transmission of Covid-19, the risk of transmission with face to face therapy intervention and the steps we can take to minimise this risk. If you have been vaccinated your risk of transmission is reduced significantly however we recommend you read this document even if you have been vaccinated. If you have not been vaccinated it is essential that you read this document carefully ensuring you understand the risks and balance these with your therapy needs.

Please speak with your therapist or any member of the Leadership team if you have any questions about the information in this document.

About Covid-19

- Covid-19 is a novel virus and therefore the body has no natural immunity.
- Covid 19 is transmitted through droplets expelled through the mouth by someone infected with Covid-19.
- People with Covid-19 may be asymptomatic or symptomatic individuals.
- Coronavirus can live on surfaces such as plastic for many hours and cleaning using soap and water is very effective in removing the virus.
- Physiotherapy by nature involves close physical contact and therefore can increase the risk of transmission.
- There is still a risk of transmission even with the vaccine although this is significantly reduced. For more information about the vaccine please follow this link [https:// www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/](https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/)
- The vaccine has been successful in reducing the severity of the virus should you contract it.

Government advice

- There are now no legal restrictions regarding Covid 19 however please follow the link below to read about the current advice and suggested isolation periods if you do contract Covid 19.
- https://www.gov.uk/coronavirus?gclid=CjwKCAjwOdKXBhBPEiwA2bmObXyg1qJD8n2_hGfHAfAx574OYaF2SzUupjNgg_FaF8_X5-UM1-khaBoCdFoQAvD_BwE

Face to Face Therapy intervention

- Due to the close and prolonged contact between the therapist and the patient and the physical touch between the patient and the therapist the risk of transmission is increased.
- It is not possible to completely remove the risk of any transmission of Covid-19 between you and your therapist but the plans set out below aim to reduce the risk as much as is reasonably practicable.

Your Therapist:

- Will be vaccinated
- Will discuss with you about whether you wish them to wear a mask, apron and gloves at your request
- Some therapists may request to you that they can continue to wear a mask, apron and gloves and we ask that you respect their wish.
- Wash their hands thoroughly on entering and leaving your home.
- Will not attend if they are unwell or have any symptoms of Covid-19
- Will not attend until they have 2 negative LFT swab

What we ask you to do to:

- Take up the opportunity to have a vaccine if you meet the criteria
- Inform your therapist if you are unwell or have any symptoms of Covid-19:
 - a high temperature
 - a new, continuous cough
 - a loss of, or change to, your sense of smell or taste.
- If you do have symptoms please seek a Covid LFT and inform your therapist of the result
- Be prepared to wear a face covering if your therapist requests this.
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